



UBC Okanagan Relocation Resources

Health Care Resources

How to get vaccinated for COVID-19:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

UBC's response to COVID-19:

<https://covid19.ubc.ca/>

1. Medical Services Plan of British Columbia (MSP)

- a. The provincial government's medical insurance plan:
<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp>
- b. It pays for medically necessary insured physician and surgeon services.
- c. In order to enrol in MSP, you must meet certain eligibility criteria:
<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/are-you-eligible>
- d. Apply directly online: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol#applyonline>
- e. If coming to British Columbia from outside of Canada, please note that MSP has a waiting period which consists of the balance of the month in which residence in BC is established, plus two months.
 - i. Private medical coverage should be considered during this waiting period. Two private insurance companies that UBC presents as options are:
 1. David Cummings Insurance Services: <http://www.david-cummings.com/services/travellingtocanada/index.htm>
 2. Sun Life's Inpatient Plan: <https://hr.ubc.ca/benefits/benefit-plan-details/bc-medical-services-plan/insurance-during-msp-waiting-period>
 3. Arrangements can be made with other private insurance agencies found online.

2. Finding Medical or Dental Professionals

- a. Doctors
 - i. Physicians and surgeons are registered through the College of Physicians and Surgeons of BC (<https://www.cpsbc.ca/>). Finding a physician may take some time as many doctors have a waiting list.
 - ii. Central Okanagan 'Find a Family Doctor Program': <https://www.divisionsbc.ca/central-okanagan/our-impact/find-family-doctor>
 - iii. Interior Health Urgent and Primary Care Centre: <https://www.healthlinkbc.ca/services-and-resources/upcc>
 1. Open 7 days/week, including holidays, from 9:30am-8:30pm. No appointment necessary. Patients are seen based on their medical need, not order of arrival.
 - iv. Walk-in clinics where you can drop-in or see a physician virtually. Please see the websites below that can be used to find a walk in clinic in your area and the corresponding 'real time' wait times.
 1. MediMap/ Walk-in clinic wait times: <https://medimap.ca/Location/Kelowna>
 2. Skip the Waiting Room: <https://bc.skipthewaitingroom.com/city/kelowna>



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- b. Hospitals
 - i. Doctors are on call through the Emergency ward at most local hospitals which are open 24 hours/day, 7 days/week.
 - ii. Okanagan-based hospitals are accessed through the Interior Health website (www.interiorhealth.ca) and include:
 - 1. Kelowna General Hospital
 - 2. Vernon Jubilee Hospital
 - 3. Penticton Regional Hospital
- c. Health Link BC: <https://www.healthlinkbc.ca/>
 - i. Call For general health information or symptom advice.
 - 1. 8-1-1 toll free, or call 7-1-1 for the deaf and hard of hearing toll free in BC
 - 2. Available 24 hours/day, 7 days/week
 - ii. You can speak to health service navigator who can connect you with
 - 1. a registered nurse 24/7
 - 2. a registered dietician Monday-Friday, 9am-5pm
 - 3. a qualified exercise professional Monday-Friday, 9am-5pm
 - 4. pharmacist from 5pm-9am, any day of the year
 - iii. Translation services are available in more than 130 languages.
- d. Pharmacies
 - i. Many independent pharmacy/drug stores exist, to find one nearest you, go to: <https://www.medicalpharmacies.com/about/locations/>
 - ii. In addition to the independents, above, there are pharmacies found within large grocery store chains. Examples of large, chain stores with pharmacies include:
 - 1. Pharmasave: <https://pharmasave.com/>
 - 2. Shoppers Drug Mart: <https://stores.shoppersdrugmart.ca/>
 - 3. Rexall Drugs: <https://www.rexall.ca/>
- e. Dentists
 - i. You can find a dentist in your area through the BC Dental Association: <https://yourdentalhealth.ca/visiting-your-dentist/find-a-dentist/>

If you have an emergency while in Canada,
dial:

911

**To reach fire, police or emergency services.
Operators will dispatch the appropriate
service to your location as soon as possible.**